



PARALLAX PRESS



PLUM BLOSSOM BOOKS



PALM LEAVES PRESS



“

We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves.

”

THICH NHAT HANH

PARALLAX PRESS

FALL 2022 – SPRING 2023

NEW BOOKS

WELCOME, FRIENDS

Dear Friends of Parallax Press,

As I reflect on the life of “Thay,” Zen Master Thich Nhat Hanh, the cofounder of Parallax Press who passed away earlier this year, I am awed by the range and depth of the books he published and the many ways in which he inspired everyone to live fully, authentically, and beautifully. From his gentle guidance on being aware of our body and our breathing to mindfulness in daily life, from his gorgeous poems to his essays calling for social action, Thay’s writings offer us so many ways to generate peace in ourselves and in the world. Never has his message been more relevant than now.

We have three exciting new books by Thich Nhat Hanh in our Palm Leaves Press imprint, *The Admonitions and Encouraging Words of Master Guishan*, *The Bodhisattva Path*, and *Cracking the Walnut*, freshly translated from the Vietnamese for the first time by a team of monastic editors in Plum Village, France, led by Venerable Sister Chan Duc (Sister Annabel Laity, True Virtue). *Master Guishan* is a classic text read by Buddhist monastic students in Vietnam, containing essential advice for all sincere meditation practitioners. In *The Bodhisattva Path*, we learn from Thich Nhat Hanh about the bodhisattva ideal at the heart of his teachings—the capacity to see the potential for awakening in everyone and aspire to help them along their path. *Cracking the Walnut* contains Thich Nhat Hanh’s commentary and insights on the liberating teachings of the second-century philosopher Nagarjuna.

In this historic year, we are also bringing out new editions of some of Thich Nhat Hanh’s beloved older books for new generations of readers. Many readers in the United States and Europe know Thay first as a leader in the movement toward personal and cultural awakening—“*the monk who taught the world mindfulness*” as he was hailed by TIME magazine. Yet prior to his arrival in the West, Thich Nhat Hanh’s compassionate activism for peace in Vietnam underscores how Thay’s mindfulness was forged in the fires of war. Parallax Press is proud to reissue the long-out-of-print *Vietnam: Lotus in a Sea of Fire*, first published in 1967, which, according to Thomas Merton, offers “a startling other view of the war in Vietnam.” In addition to *Lotus*, we are also offering Thich Nhat Hanh’s letters, essays, and calls to action at key moments of social and political transformation in a new edition of *Love in Action: Writings on Nonviolent Social Change*.

As activists in a turbulent world, we need to remember to take refuge in nature and be nourished by beauty. Thay’s brilliant collection of poetry *Call Me by My True Names* provides “*an antidote to our modern pain and sorrows*,” as Ocean Vuong says. In Fall

2022 we are also offering an updated edition of Thay's Plum Village practice poems (gathas) for mindfulness in everyday life, *Present Moment Wonderful Moment*. With many more new gathas adapted for modern life, these poetic yet practical verses help us to slow down and enjoy each moment of our lives.

In the popular Mindfulness Essentials Series, *How to Focus* shares Thich Nhat Hanh's teachings on the second stage of the meditation journey after mindfulness: concentration. It is an apt antidote for the stress of our busy way of life in which our minds continually race and scatter in a thousand directions. *How to Smile* gives us ways to transform our suffering, to touch moments of happiness even in the midst of hard times. It reminds us that spiritual practice—and life itself—contain the elements we need to nourish our joy.

Heal Your Living: The Joy of Mindfulness, Sustainability, Minimalism, and Wellness is a soothing book by “extreme minimalism” practitioner Youheum Son, whom we learned about from her participation on an epic Plum Village hiking retreat on the Appalachian Trail. Dr. Tho Ha Vinh, Dharma teacher and former director of the Gross National Happiness Center in Bhutan, points out in *A Culture of Happiness: How to Scale Up Happiness from People to Organizations* that although joy is an individual experience, when it is shared, how much more powerful it becomes! What might the world look like when your family, school, workplace, and your country are aligned in holding happiness as a value?

A garden of books for younger readers is growing in 2022! *Our Earth, Our Home: The Essential Japanese Green Living Handbook for Kids* by permaculture expert Kai Sawyer and Azusa Fukuoka from Tokyo shows us that green living starts at home. The delightful *We Are All Flowers* by Wake Up Schools International coordinator Orlaith O' Sullivan teaches children the nourishing art of flower watering—the Plum Village practice of sharing appreciation with our friends and families. In Fall 2022, *Where Did Poppy Go?* by much-loved children's author Gail Silver (*Anh's Anger, Steps and Stones*) is a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a gentle way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us always, in everything we do.

With gratitude for your support,



Hisae Matsuda, publisher, on behalf of the whole Parallax Press family

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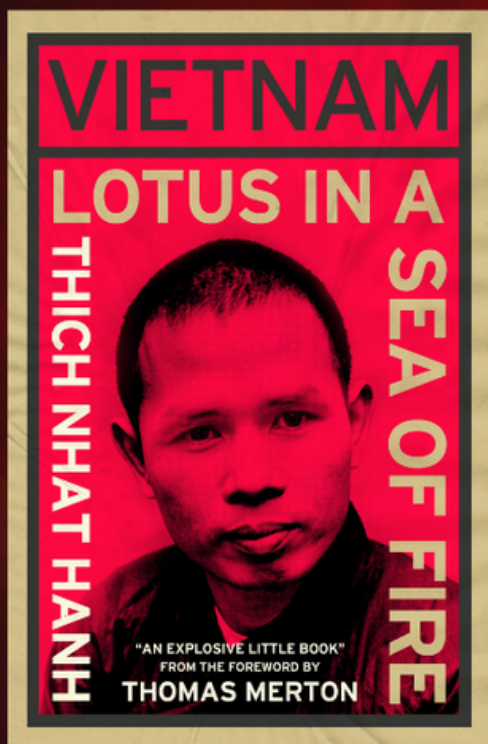
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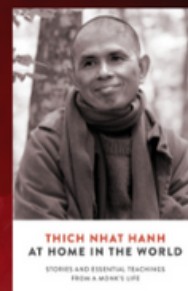
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ALSO OF
INTEREST



9781941529140
TR \$14.95 | EL \$9.99



9781941529423
TR \$14.95 | EL \$12.99

“Essential reading
for the informed.”
—*Kirkus Reviews*

A stunning commentary on the cultural and political background to the war in Vietnam that resonates deeply as the first work of the Venerable Thich Nhat Hanh

This rare book from 1967 is one of the very few written in English giving a Vietnamese perspective on the Indochina Wars. Many years ahead of its time, *Vietnam: Lotus in a Sea of Fire* will be welcomed by historians and readers of contemporary Vietnamese narratives and the work of resistance.

As war raged in Vietnam, Thich Nhat Hanh became a leading figure in the Buddhist peace movement. With the help of friends like Catholic monk Thomas Merton, he published *Vietnam: Lotus in a Sea of Fire* in 1967 in the US, his uncompromising and radical call for peace. Thomas Merton wrote the foreword, believing it had the power to show Americans that the more America continued to bomb Vietnam, the more communists it would create. This was Thich Nhat Hanh's first book in English and made waves in the growing anti-war movement in the United States at the time.

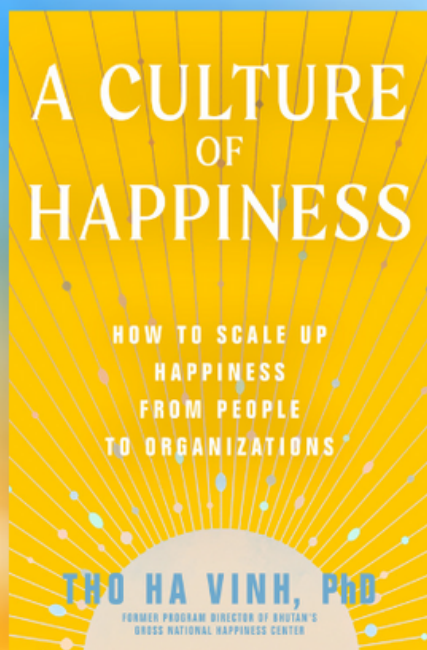
Thich Nhat Hanh's portrayal of the plight of the Vietnamese people during the Indochina Wars is required reading now as the United States and Europe continue to grapple with their roles as global powers—and the human effects of their military policies.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

PARALLAX PRESS
TR: 9781952692031 | \$17.95 | \$23.95
EL: 9781952692048 | \$12.99 | \$17.50
On Sale Date: 08/09/2022

Page Count: 192
Trim Size: 5-1/4 x 8
Carton Count: 24

BISAC 1: Political Science – Peace
BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation
BISAC 3: Philosophy – Buddhist



ALSO OF INTEREST



9781946764584
TR \$16.95 | EL \$12.99



9781941529201
HC \$22.95 | TR \$16.95 |
EL \$12.99

**“IF YOU WANT TO READ JUST ONE
BOOK ON THE SUBJECT, THIS IS IT.”**

—Brother David Steindl-Rast, Benedictine
monk and cofounder of www.gratefulness.org

Practical principles for creating conditions for
happiness at scale from the program director of
the Gross National Happiness Center of Bhutan,
the only country in the world to measure progress
by the happiness of its citizens

Despite countless happiness programs focused on individual well-being, are we any happier, really? Is it in fact possible to be fully happy within a miserably dysfunctional society built to keep structures of inequity in place? While the pursuit of happiness is a much-celebrated ideal, how can countries and communities design the right environments for people to lead happy lives?

Taking the case of the country of Bhutan as an example, the nation's first Gross National Happiness program director Tho Ha Vinh explains how the principles of happiness can and must apply to people, families, and communities at scale to produce the conditions for a truly satisfying life.

Gross National Happiness is an innovative development paradigm that puts the interconnected happiness of all people and the well-being of all life forms at the center of progress. Based on real-life experiences, this book shows a multitude of practical methods for strategic thinkers and change makers to apply the framework of Gross National Happiness to bring about positive change in schools, businesses, and communities.

Tho Ha Vinh, PhD, was born in 1951, the son of a Vietnamese father and a French mother. He was the program director of the Gross National Happiness Center (GNH) of the country of Bhutan from 2012 to 2018. Serving as the Head of Training, Learning, and Development at the International Committee of the Red Cross, he trained humanitarian professionals working in war zones and emergency response in Afghanistan, Pakistan, Palestine, and Darfur. He holds a PhD in psychology and education from Geneva University, Switzerland. Thakur S. Powdyel served as Bhutan's first democratically elected government's Minister of Education from 2008 through 2013 and is the recipient of the Global Education Award for Outstanding Contributions to Education.

PARALLAX PRESS
TR: 9781952692314 | \$19.95 | \$25.95
EL: 9781952692321 | \$12.99 | \$22.99
On Sale Date: 09/27/2022

Page Count: 288
Trim Size: 5-½ x 8-½
Carton Count: 12

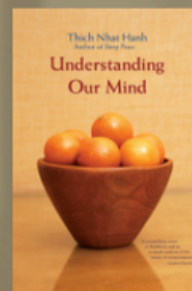
BISAC 1: Business & Economics – Personal Success
BISAC 2: Self-Help – Personal Growth – Happiness
BISAC 3: Education – Leadership



ALSO OF INTEREST



9781946764201
TR \$16.95 | EL \$12.99



9781888375305
TR \$18.95 | EL \$12.99

Poetic yet practical verses to
help us slow down and enjoy
each moment of our lives

Beloved Zen Master Thich Nhat Hanh offers 79 meditations to help you through your daily routines in a peaceful and mindful way and connect to the joy of the present moment

Waking up this morning, I smile. Twenty-four brand new hours are before me.

This beautifully illustrated book shares a simple verse with an enlightening commentary that will give you the space and heart to live each day in a connected and calm way. Developed during a summer retreat in Plum Village, Thich Nhat Hanh's meditation center in France, these poetic verses were collected to help people practice mindfulness. The result is a handbook of practical, down-to-earth verses. These gathas, or mindfulness verses, are poetic verse designed to turn ordinary daily activities such as washing the dishes, driving the car, or standing in line, into opportunities to return to a natural state of mindfulness and happiness.

Reciting these poetic yet practical verses can help us to slow down and enjoy each moment of our lives.

PARALLAX PRESS

TR: 9781952692222 | \$17.95 | \$23.95

EL: 9781952692239 | \$12.99 | \$17.99

On Sale Date: 10/11/2022

BISAC 1: Body, Mind & Spirit – Mindfulness & Meditation

BISAC 2: Self-Help – Meditations

BISAC 3: Philosophy – Zen

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

Page Count: 120

Trim Size: 5-³/₈ x 8

Carton Count: 24



A companion to the bestselling *How To* (Mindfulness Essentials) books from Thich Nhat Hanh, this guided journal contains inspiring quotes to contemplate for your own mindfulness practice. Lined pages for writing are interspersed with quotes and the beautiful sumi-ink illustrations of Jason DeAntonis.

Like the *How To* books, this journal is small enough to fit in your pocket or backpack.

An inspirational, contemplative journal and guide for your own mindfulness practice

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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NT: 9781952692307 | \$14.95 | \$20.95

On Sale Date: 11/08/2022

Page Count: 176

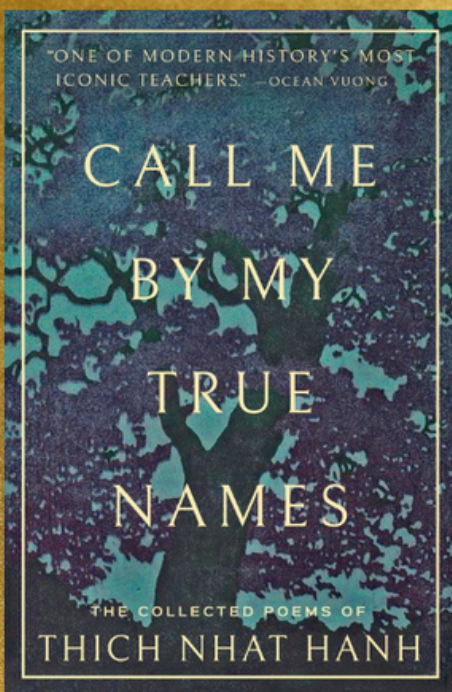
Trim Size: 5 x 7

Carton Count: 27

BISAC 1: Games & Activities – Guided Journals

BISAC 2: Self-Help – Journaling

BISAC 3: Religion – Buddhism – Zen



ALSO OF
INTEREST



9781946764805
TR \$12.95 | EL \$6.99



9781946764829
TR \$17.95 | EL \$12.99

Uplifting, insightful, and
profound—an exquisite
work of poetry

The definitive poetry collection by the world
renowned Zen master, peace activist, and author
of *The Miracle of Mindfulness*

Though he is best known for his groundbreaking and accessible works on applying mindfulness to everyday life, Thich Nhat Hanh is also a distinguished poet and Nobel Peace Prize nominee. This stunning poetry collection explores these lesser-known facets of Nhat Hanh's life, revealing not only his path to becoming a Zen meditation teacher but his skill as a poet, his achievements as a peace activist, and his experiences as a young refugee.

Through more than fifty poems spanning several decades, Nhat Hanh reveals the stories of his past—from his childhood in war-torn Vietnam to the beginnings of his own spiritual journey—and shares his ideas on how we can come together to create a more peaceful, compassionate world. Uplifting, insightful, and profound, *Call Me By My True Names* is at once an exquisite work of poetry and a portrait of one of the world's greatest Zen masters and peacemakers.

PARALLAX PRESS

TR: 9781952692260 | \$17.95 | \$23.95

EL: 9781935209478 | \$12.99 | \$33.95

On Sale Date: 11/08/2022

BISAC 1: Poetry – Subjects & Themes – Inspirational & Religious

BISAC 2: Poetry – Asian – General

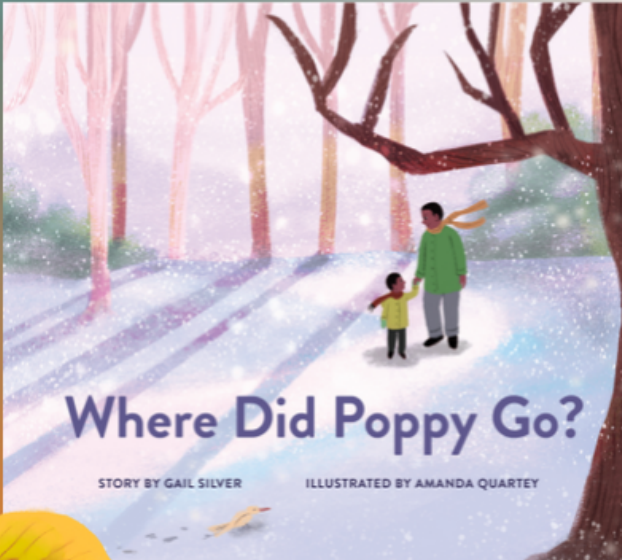
BISAC 3: Philosophy – Buddhist

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

Page Count: 240

Trim Size: 5 x 8

Carton Count: 24



ALSO OF
INTEREST



9781935209874
HC \$16.95 | EL \$6.99

**Join a father and son as
they follow the cycle of
life, and all of the beauty
that comes with it**

**After a grandfather dies, a father and son journey
forward through seasons and time, discovering
how our loved ones remain with us even after they
pass on.**

From beloved author Gail Silver of the *Anh's Anger* series comes a touching story of a father comforting his son after a grandfather dies. The lovely rhyme and poetry offers a heartfelt way to discuss loss and grief with a child. We see, along with the little boy of the story, how our loved ones are with us forever, in everything we do.

Beautiful, textured pastels carry the reader through the seasons as the father describes the cycle of life, and all of the beauty and sadness that comes with it.

PLUM BLOSSOM

HC: 9781952692246 | \$18.95 | \$24.95

On Sale Date: 11/01/2022

BISAC 1: Juvenile Fiction – Social Themes – Death, Grief, Bereavement

BISAC 2: Juvenile Fiction – Social Themes – Emotions & Feelings

BISAC 3: Juvenile Fiction – Poetry (See Also Stories In Verse)

Page Count: 32

Trim Size: 9-1/2 x 8-1/2

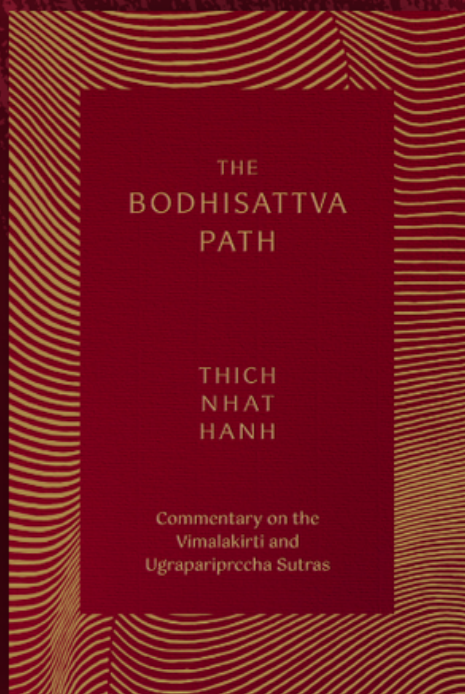
Carton Count: 12

Age: 5-9 years

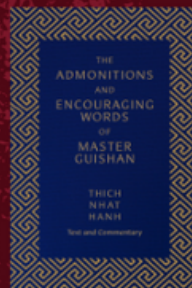
Grade: Grades K-4

Gail Silver, J.D. E-RYT, RCYT, is an award winning author, educator and entrepreneur whose recent picture books include *Thunder's Just the Clouds Talking to The Earth* (Magination 2022), *Mindful Bea and The Worry Tree* (Magination), and the acclaimed *Anh's Anger* trilogy (Parallax). Lauded "A Winning Series" by Publishers Weekly, the *Anh's Anger* books have garnered a Skipping Stones Literary Award for Multicultural Awareness, a Bill Martin, Jr. Picture Book Award nomination, a bevy of foreign rights sales and a second home in SEL curricula across the globe. She is the founder, CEO and curriculum developer of Yoga Child, Inc. and The School Mindfulness Project, Inc., organizations providing sustainable mind body education to underserved Philadelphia area school communities. Prior to becoming an author/educator, Gail was an attorney, specializing in children's advocacy law. She lives in Philadelphia with her family.

Amanda Quarthey was born and bred in London. She has always loved to draw and has been doing so ever since she can remember.



ALSO OF INTEREST



9781952692185
TR \$17.95 | EL \$12.99



9781946764829
TR \$17.95 | EL \$12.99

Learn about the bodhisattva ideal
—the capacity to see the potential
for awakening in everyone

Learn about the bodhisattva ideal with new commentaries on early Mahayana sutras from Zen Master Thich Nhat Hanh, the monk *TIME* magazine calls “the father of mindfulness.”

Based on the teachings given by Thich Nhat Hanh in the winter of 1991, this book gives an historical account of the emergence of the Mahayana movement and the bodhisattva ideal, and it also includes Thich Nhat Hanh’s never-before-published commentaries on two early Mahayana sutras—the Ugrapariprccha and the Vimalakirtinirdeśa.

About 150 years after the death of the historical Buddha, Buddhism began to develop into many separate schools, in which many monks came to prioritize their own personal liberation in their teaching and practice, while making Buddhism into a series of doctrines that served their own school.

Consequently, around the first century CE, there arose among lay and monastic practitioners the desire to popularize Buddhism and bring it back in touch with life in the world. From this movement sprang the Mahayana path, which aimed to provide the deepest wellsprings of Buddhist thought to all people, regardless of their gender or social background.

Soon Mahayana sutras began to appear, encouraging practitioners to develop the qualities of a bodhisattva in themselves. With his insightful commentary on two important sutras, Thich Nhat Hanh continues the vision and inclusive spirit of the early Mahayana practitioners.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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TR: 9781952692338 | \$21.95 | \$27.95

EL: 9781952692345 | \$12.99 | \$17.99

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Page Count: 304

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Carton Count: 40

BISAC 1: Body, Mind & Spirit – Mindfulness & Meditation

BISAC 2: Philosophy – Eastern

BISAC 3: Religion – Buddhism – Zen



The Mindfulness Bell issue 90 on

NO BIRTH, NO DEATH, ONLY CONTINUATION

The Mindfulness Bell is a journal of the art of mindful living in the Plum Village tradition of Thich Nhat Hanh. It offers inspiration and resources for those practicing mindfulness in daily life.

This issue of *The Mindfulness Bell* features:

- Thich Nhat Hanh on the intimate connection between suffering and happiness;
- Larry Ward on caring for our traumatic experiences;
- Brother Peace on losing both his parents to depression and suicide;
- Dharma teacher Valerie Brown on inspiring hope in a world in need;
- Sister Boi Nghiem on understanding relationships and suffering in the LGBTQIA+ community;
- Updates from ARISE Sangha, the Earth Holder Community, Happy Farm, Wake Up International, Wake Up Schools, and the Thich Nhat Hanh Foundation;
- Practitioners sharing about spirituality and racial equity, being on the front lines of climate action, practicing online;
- And much more.

This issue is included in *The Mindfulness Bell* subscription. Digital articles from this issue of *The Mindfulness Bell* are rolling out now on the website.

The Mindfulness Bell is available in print, PDF and ePub.

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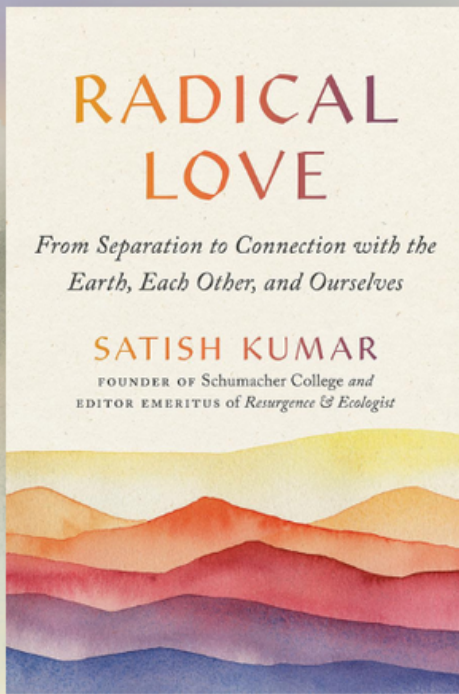
BISAC 1: SEL016000: Self-Help – Personal Growth – Happiness

BISAC 2: Body, Mind & Spirit – Mindfulness & Meditation

BISAC 3: Religion – Buddhism – Zen

Page Count: 64

Trim Size: 7.5 x 11



ALSO OF
INTEREST



9781946764843
TR \$18.95 | EL \$12.99



9781946764928
TR \$14.95 | EL \$12.99

**To see peace in
our lifetimes, we
have to study love.**

This is the radical message of this inspirational book of pithy grandfatherly advice, which helps us find ways to love ourselves, others, and all beings—even those we may find unlovable.

Radical Love draws on the author's lifetime of experience as a lover, husband, parent, activist, and educator. It is an exploration of love in all its forms, from romantic love to love for one's family and community to love for the planet and all beings. Like an unfolding *metta* meditation, the book expands our notions of love to its most sublime universal state and makes a great gift to share with those we love.

Author and activist Satish Kumar is well known for his epic 1960s walk for world peace from India to Moscow, Paris, London, and Washington, DC. Wherever he traveled, he found that human beings were capable of great love, which could overcome hatred and division. Settling down in the UK, he married and raised two children while founding and running eco-university Schumacher College in Devon, becoming a leading figure in the UK green movement. This book distills the essence of Kumar's understanding of the love we need for the times we live in now.

PARALLAX PRESS

TR: 9781952692352 | \$15.95 | \$21.95

EL: 9781952692369 | \$12.99 | \$17.99

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Page Count: 180

Trim Size: 5 x 7-1/2

Carton Count: 24

BISAC 1: Body, Mind & Spirit - Mindfulness & Meditation

BISAC 2: Nature - Environmental Conservation & Protection

BISAC 3: Poetry - Subjects & Themes - Nature

Satish Kumar, long-time peace and environment activist and former Jain monk, has been quietly setting the global agenda of change for over 50 years. He settled in the United Kingdom after an 8,000-mile peace pilgrimage and took the editorial helm of *Resurgence* magazine in 1973, a post he held until 2016. Over the decades, he has been the guiding spirit behind a number of internationally respected ecological and educational ventures including founding Devon's Schumacher College; authoring several books, including *Elegant Simplicity*; and presenting the BBC documentary *Earth Pilgrim*. Satish was awarded an honorary doctorate in education from the University of Plymouth, an honorary doctorate in literature from the University of Lancaster, and the Jamnalal Bajaj International Award for Promoting Gandhian Values Abroad. He appears regularly in the media, is on the Advisory Board of Our Future Planet, and continues to teach and run workshops as a sought-after speaker in the UK and abroad. He lives in Devon, UK.



ALSO OF INTEREST

Basket of Plums
SOUNDBOOK
9781937006549
TR \$16.95 | EL \$12.99

Awakening of the Heart
essential buddhist sutras and commentaries
THICH NHAT HANH
9781937006112
TR \$39.95 | EL \$16.99

Chanting from the Heart
VOLUME 1
SUTRAS AND CHANTS FOR RECITATION
from the PLUM VILLAGE COMMUNITY
Thich Nhat Hanh
AND THE MONKS AND NUNS OF PLUM VILLAGE

These recitations are verses for contemplation and reading aloud, and an essential companion for students of Thich Nhat Hanh

THIS IS A PLACEHOLDER COVER.

Chanting from the Heart: Buddhist Sutras and Recitations contains sutras from both the Theravada and Mahayana traditions, translated by Thich Nhat Hanh from both the Pali and Chinese canons. In *Chanting from the Heart*, he included the sutras he felt to be the most essential for study and regular recitation by his lay and monastic disciples. The recitations are verses for contemplation and reading aloud, some written by Thich Nhat Hanh, others handed down through his Vietnamese Zen tradition. These sutras and recitations are read, recited, and chanted regularly during daily meditation sessions in Thich Nhat Hanh's Plum Village monasteries and practice centers worldwide.

PARALLAX PRESS

TR: 9781952692376 | \$17.95 | \$23.95

EL: 9781952692383 | \$12.99 | \$17.99

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Page Count: 180

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Carton Count: 24

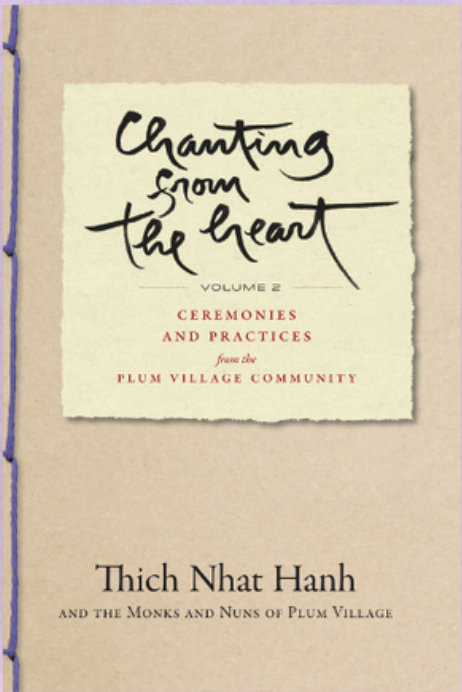
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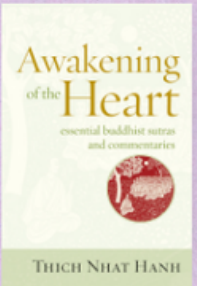
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Chanting from the Heart: Ceremonies and Practices in the Plum Village Tradition is a collection of Buddhist ceremonies for all occasions and daily practices for meditation sessions as well as practices to accompany daily activities, such as gardening and cleaning, bringing mindfulness into everyday life. Developed by Thich Nhat Hanh and used regularly by the monks, nuns, and laypeople at the monasteries and retreat centers established by Thich Nhat Hanh, as well as by his thousands of lay students worldwide. The ceremonies section has been updated to contain only the texts necessary for the occasion at hand. This is the first major textual edits made to the material since 2013. There is also a glossary of Buddhist terms.

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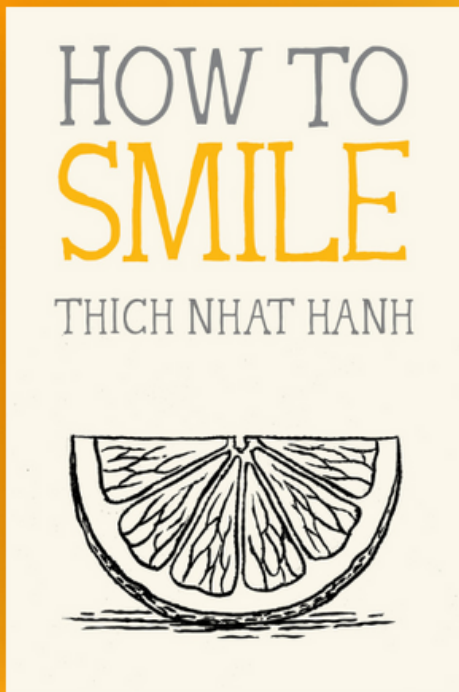
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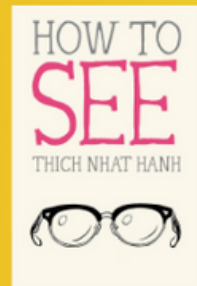
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Written with characteristic simplicity and wisdom, these insightful meditations—born from the Zen master’s lifetime of Zen practice and peacemaking—teach us how to come back to ourselves, calm our body and mind, and not let suffering overwhelm us. When we’re willing to face our suffering and look deeply into it, we begin to understand its origins. Transformation and healing become possible, and along with it a greater capacity to understand the suffering of others and resolve conflicts in our relationships. Creating peace and understanding in ourselves and our relationships in this way is essential for helping create true understanding and peace in our communities, society, and the world. Thich Nhat Hanh offers practices for transforming our own suffering, listening deeply to the suffering of others, and especially how to cultivate our own smile and happiness.

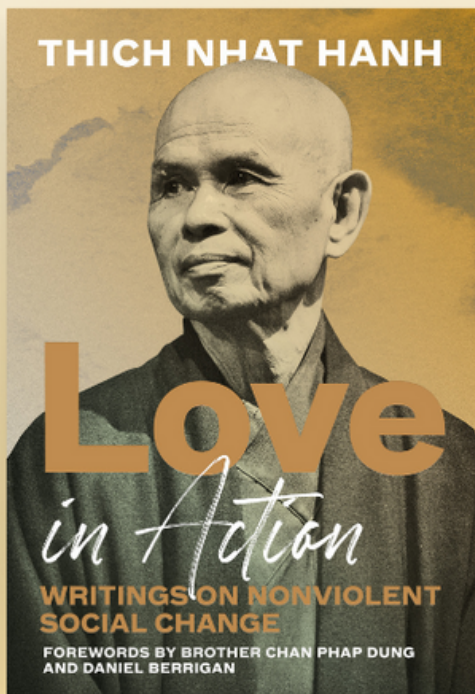
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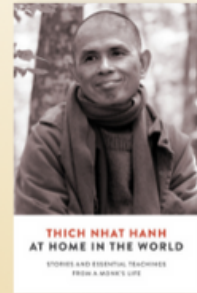
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“LOVE ENABLES US.”
Thich Nhat Hanh

Twenty-one key essays and poetic writings on nonviolence and reconciliation by Vietnamese peace activist Zen master Thich Nhat Hanh

“The essence of nonviolence is love,” Thich Nhat Hanh says. “Out of love and the willingness to act selflessly, strategies, tactics, and techniques for a nonviolent struggle arise naturally.” Collecting writings from sixty years of Thich Nhat Hanh's thinking on social transformation, *Love in Action* is an important resource for anyone engaged in social work, community organizing, political action, and cause-oriented movements.

Reflecting on the devastation of war and showing the connections between outer engagement and the inner work for peace, Thich Nhat Hanh makes the strong argument that ethics and altruistic love based on mindfulness and insight are the only truly sustainable bases for political action. Having played a central role in the Buddhist nonviolent movement for peace in Vietnam during the 1960s and serving as Chair of the Buddhist Peace delegation to the Paris Peace Accords in 1973, Thich Nhat Hanh speaks with the voice of experience: “There is no way to peace. Peace is the way.”

This anthology also features poetry and the script of the hauntingly beautiful 1972 play, *The Path of Return Continues the Journey*.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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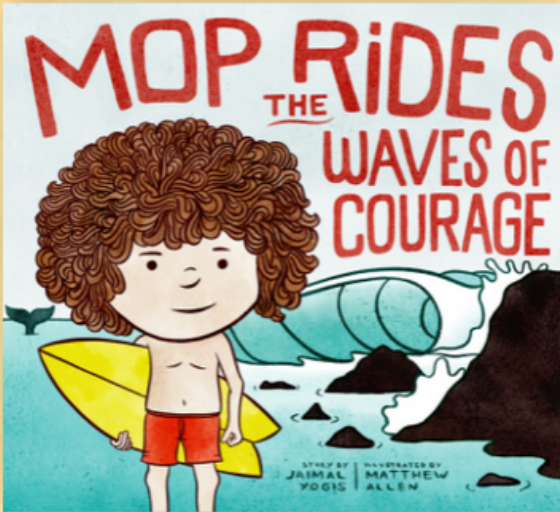
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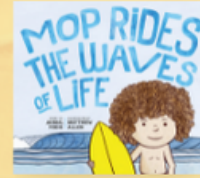
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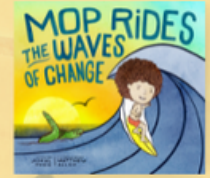
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THIS TIME WITH A CASE
OF THE JITTERS THAT
HIS DAD AND FRIENDS
HELP HIM TACKLE!**

The third in the Mop Rides series! Surfer Mop is back, this time with a case of the jitters that his dad and friends help him tackle.

Mop, his friends, and his dad are back, except this time, Mop is dealing with a case of the jitters. He's nervous to talk in class, and waves that he would usually have no problem riding are feeling too big. Luckily, Mop's dad shows him how to work with his fear. He takes a step back, feels his feelings in his body, and lets the fear pass through without judging it—it's not bad, just different! Before too long, he's back out on his board, and presenting in class again.

Celebrated San Francisco surfer-journalist-dad Jaimal Yogis teaches 4-8 year-olds timeless beach wisdom with the continuing story of Mop, a sensitive and fun-loving kid who just wants to be in the ocean.

With stylish full-color beachy illustrations from cover to cover by SoCal surfer Matt Allen.

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Jaimal Yogis is the author of numerous books including *Mop Rides the Waves of Life*, *Saltwater Buddha*, and *All Our Waves Are Water*, which was named a “Best Beach Read of 2017” by the BBC. His work has been featured in the pages of *O*, the *Oprah Magazine*, *Outside*, *Forbes*, *The Atlantic*, *ESPN Magazine*, and many others. He lives and surfs in San Francisco with his wife, Amy DuRoss, and their three sons.

Matthew Allen is a surfer and artist from Southern California. A former *Surfer Magazine* art director, Matthew now spends his days creating art based on his favorite muses, the mercurial sea, and the amalgam of people and vessels that operate in and around it.

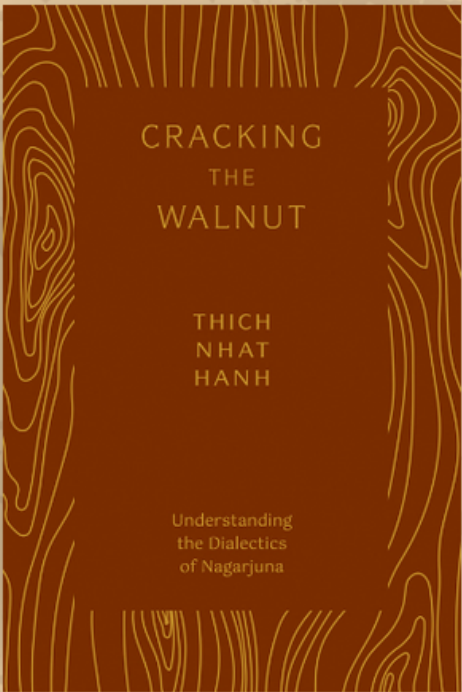
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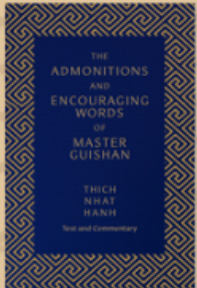
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Teachings designed to
break through all
metaphysical speculation

Zen Master Thich Nhat Hanh's commentary on Nagarjuna's Treatise on the Middle Way, one of the most famous Buddhist texts in existence

To a greater or lesser extent, we all have notions and ideas about life. Sometimes our ideas can contribute to the advancement of humanity, but the problem comes when we are caught in our ideas and believe them to be the absolute truth. When people believe that something is the absolute truth, they may be ready to fight, kill, or die for it. This brings about polarization, deep division, and suffering in ourselves, our society, community, and family. This is not the way ahead for humanity. This book helps us let go of our ideas and go in the direction of understanding and compassion.

Nagarjuna is a giant in the Buddhist canon, thought to be the greatest Buddhist philosopher after the Buddha. He lived in southern India in the 2nd century CE. *Cracking the Walnut* contains the text of Nagarjuna's *Treatise on the Middle Way* (Mulamadhyamakakarika), defending the essential premise that all things have the nature of emptiness, they have no self-nature, but are in a constant process of change and interrelationship with one another. Weaving Nagarjuna's text with commentary by Thich Nhat Hanh, taken from talks given at two 3-month-long retreats, helps us bring these teachings into our daily life. They are strong teachings, designed to break through all metaphysical speculation.

Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Over seven decades of teaching, he published more than 100 books, which have sold more than four million copies in the United States alone. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture. He established the international Plum Village Community of Engaged Buddhism in France, now the largest Buddhist monastery in Europe and the heart of a growing community of mindfulness practice centers around the world. He passed away in 2022 at the age of 95 at his root temple, Tu Hieu, in Hue, Vietnam.

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Issue 91: Mindfulness in Public Health for Collective Awakening

the mindfulness bell

The Mindfulness Bell is a journal of the art of mindful living in the Plum Village tradition of Thich Nhat Hanh. It offers inspiration and resources for those practicing mindfulness in daily life.

This issue of *The Mindfulness Bell* focuses on the path of practicing with Buddhist psychology and neuroscience for individual and collective health.

It features teachings from Thich Nhat Hanh, Brother Phap Linh, and Dharma teacher Jo-ann Rosen; sharings from practitioners on healing grief and trauma; and updates from the Earth Holding Community, Happy Farm, Thich Nhat Hanh Foundation, and Wake Up Schools.

This issue is included in *The Mindfulness Bell* subscription. Digital articles from this issue of *The Mindfulness Bell* are rolling out now on the website.

The Mindfulness Bell is available in print, PDF and ePub.

The Mindfulness Bell offers a connection to a community of people who aspire to live life deeply and in harmony with all beings. Subscriptions to the *Mindfulness Bell* support the work of Thich Nhat Hanh and the worldwide Sangha, as we offer methods for healing and transformation.

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